STUNT SECRETS

BECKINSALE SAYS SHE'S GETTING BETTER WITH AGE {page 10}

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Couple home after 'horrific' shipwreck

All 12 Canadians aboard the Costa Concordia survived ● Capt. Francesco Schettino has been arrested ● Faces charges of manslaughter, abandoning ship and causing shipwreck

KATIE TURNER
@METRONEWS.CA

GREGORIO BORGIA/THE ASSOCIATED PRESS

▶ The luxury cruise ship Costa Concordia

Hugs, kisses and plenty of tears were shared at the airport Monday evening as a Calgary couple returned home after surviving a shipwreck off the coast of Italy.

After hours of travel, Laurence Davis, 60, and Andrea Davis, 52, were greeted at the arrival gate by two eager grandsons holding "Welcome home" signs.

"I just love them all to bits and pieces and I'm so grateful to have them in my arms," said Andrea, holding three-year-old Caleb.

"It feels absolutely great to be back home," said Laurence. "It was a horrific experience. One that I wouldn't wish anyone to live through."

The couple recounted their experience from Friday on the Costa Concordia, saying they had just ordered a bottle of wine when they heard a loud noise and the power went out.

"We just sort of ducked down and watched plates coming down all around us," said Laurence.

It quickly turned to chaos and eventually the couple had made it to the fourth deck, water rushing around their feet.

"They had one spot (on the lifeboat) and they asked Andrea if she wanted to come in and we looked at each other and decided we're in this together — there's no way we're separating," said Laurence. "I just looked at Andrea and said, 'This is it. We're going to swim or we're going to die.'"

After about a 20-minute swim in frigid water, the pair made it to shore with minor scrapes.

As the investigation continues into the cause of the shipwreck, Andrea said she does not harbour any anger towards the cruise line or its staff.

"I'm just so grateful," she said. "We never thought we'd be able to say today is the first day of the rest of our lives."

LARRY MACDOUGAL/THE CANADIAN PRESS

▶ Cruise-ship-disaster survivors Laurence and Andrea Davis hug as they arrive home in Calgary on Monday.

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Missing Vulcan senior found dead, two arrested

Loose a long-time resident of Vulcan area **More than 50 officers investigated case**

An Alberta senior missing for more than a week has been found dead and a man and a woman have been arrested.

Police say they believe 77-year-old Otto "Bunty" Loose was abducted from his home in Vulcan, south of Calgary, on the evening of Jan. 13 and driven to the nearby communities of Nanton and Claresholm in his own SUV.

Mounties say several suspicious financial transactions were attempted on Loose's accounts during that time.

Early the next day, police say Loose was killed and his remains were dumped in the woods.

Sgt. Patrick Webb said Loose and the two people who were arrested, a 35-year-old man and his 28-year-old common-law wife, had known each other for about a year and a half.

"This was not random in any way," said Webb, who said they had an "acquaintance" relationship.

"In this situation, we believe that Mr. Loose was actually targeted by these people, simply for financial gain, and unfortunately it resulted in his death."

Investigators says they expect to charge the man with first-degree murder, kidnapping, forcible confinement and committing an indignity to a human body.

They say the woman will be charged with accessory to murder and obstruction of justice.

"The real tragedy is ... that everyone who described him to us called Mr. Loose a very open, caring-type person who befriended almost anybody," said Webb.

He said both of the accused were residents of Claresholm and both were known to police.

THE CANADIAN PRESS

No charges yet

- The charges have yet to be sworn, and RCMP have not identified either of the people in custody.
- Loose was last seen at the Vulcan Petro Canada station Jan. 8

CONTRIBUTED

▶ Otto "Bunty" Loose is seen in this undated photo.

City's murder tally at one

Calgary Police have identified the first homicide of 2012.

According to police, in the early morning of Jan. 14, police responded to a report of a possible break-in in the southeast. On arrival, they discovered the body of Joseph Lesley Talbot.

1st
Calgary records its first homicide of 2012.

An autopsy took place Monday, and according to police the death is confirmed to be a homicide. Police said Talbot died as a result of a gunshot wound.

Police are still working to determine the nature of the incident. Anyone with information should call police at 403-266-1234.

DANI FINCH

News in brief

No injuries in house fire

15 AVENUE S.W. Five people are safe after the Calgary Fire department responded to a house fire on 15 Avenue Southwest early Monday morning. According to the fire department, the cause of the blaze is under investigation. METRO

Ammonia leak safely dispersed

HAZARDOUS MATERIALS. On Monday morning, 40 people self-evacuated from the Saputo building after an ammonia leak, according to the Calgary Fire Department. METRO

1 news

Goofy motion control and battery packs for the electricity-challenged among weirder gadgets from CES. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Stephen Colbert's Super PAC airs a new ad targeting Mitt Romney. Of course, Colbert had 'nothing' to do with it . Watch at metronews.ca/video

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ERIN SHUMLICH/CONTRIBUTED

▶ U of C students, clockwise from left, Sarah Dorchak, Andréa Rojas, Morgan Shandro and Nicole Dionne, were all smiles on their way to a student journalism conference in Victoria.

U of C students sick from B.C. outbreak

- 350 delegates were attending journalism conference
- Students told to follow Twitter for updates on virus

K TURNER
@METRONEWS.CA

Editors from the University of Calgary's Gauntlet newspaper are returning home from B.C. following a less-than-pleasant experience at a student newspaper conference.

Of 12 U of C students who travelled to Victoria for the 74th annual Canadian University Press student journalism conference, five fell violently ill with what is thought to be Norwalk virus.

Entertainment editor Andréa Rojas said she and some of her colleagues were at a party on the last day of the conference Saturday night when several fellow students began throwing up.

"At first I was angry because I thought, Oh my goodness — these people don't know how to handle their alcohol," she said.

"I went outside and there were people puking. We got on the buses back to the hotel, and people were throwing up there.... Some people were calling it a zombie apocalypse."

Rojas and sports editor Erin Shumlich were forced to stay behind in Victoria because they were too sick to board the flight back to Calgary Sunday.

Shumlich said this is the first time she's attended the conference and contracting the virus has left a bad taste in her mouth.

"It definitely put a damper on things, absolutely," she said.

The two girls were planning to return to Calgary Monday evening.

More on virus

- Suzanne Germain, spokesperson for the Vancouver Island Health Authority said they have yet to test the organism.
- "It's not confirmed Norwalk (virus) but we're virtually sure," she said.
- She said between 30 and 40 students fell ill at the conference

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January

17

Wine and mixed drinks are so 2011.

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Ford seeks allies in battling bulge

Toronto Mayor Rob Ford tipped the scales at 330 pounds Monday as he called on fellow North American mayors to join him in a weight-loss campaign

Toronto Mayor Rob Ford has turned his battle of the bulge into an international throwdown.

In a tweet announcing the challenge, he singled out Calgary Mayor Naheed Nenshi, Vancouver Mayor Gregor Robertson and Halifax Mayor Peter Kelly, as well as New York City's Michael Bloomberg and Chicago's Rahm Emanuel to join him.

Dubbed the Cut The Waist Challenge, the campaign aims to encourage the public to embrace a healthier lifestyle, said the mayor, who hopes to lose 50 pounds by June 18.

It's unclear how many of Ford's peers will take him up on the challenge, given that some are already known for their healthy habits and lean physique.

"Mayor Bloomberg exercises daily and very avidly watches what he eats — two reasons why he's about as thin as he was in college 50 years ago and not at all overweight," Bloomberg's spokesman, Stu Loeser, said in an email.

"Though this plan sounds like a great idea, it doesn't really apply to our mayor," he added.

Emanuel, a triathlete who logs daily workouts and carries a water bottle wherever he goes, may not have much to lose either.

Meanwhile, Robertson's website describes him as "a dedicated cyclist."

Ford said he hatched his weight-loss plan over the holidays.

"It's the heaviest I've ever been," the mayor said. "I've got young children. This is not healthy. You can't be running the city, you can't be doing all this at 330 pounds."

The mayor said his weight-loss plan will be based on "common sense" — more exercise and less food. Ford has admitted to having a weak spot for late-night snacks, particularly ice cream. **THE CANADIAN PRESS**

Metro challenge

Metro staff are responding to the mayor's Cut The Waist Challenge by committing to a collective weight-loss goal. They're stepping on the scale each Monday for the next six months. See where they are next week!

▶ In a statement Monday, Vancouver Mayor Gregor Robertson said he was "very supportive of efforts by other mayors to take a leadership role in promoting healthy lifestyles." For exercise, Robertson plays soccer and bikes to and from meetings.

CONTRIBUTED

Naheed Nenshi
Calgary Mayor Naheed Nenshi was hesitant to commit to Ford's challenge but a spokesperson for Nenshi said he's considering it. Nenshi has said previously that he's committed to health-and-wellness initiatives and is already participating in a fitness challenge with the staff in his office.
METRO CALGARY

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Republican field narrows again

Departure of Huntsman leaves Mitt Romney as only moderate still in the race

U.S. Presidential candidate Mitt Romney stood alone Monday at the top of the field of Republican candidates in this week's primary balloting in South Carolina, where three of his more conservative challengers are splitting the powerful block of evangelical and social conservative voters.

Former Utah Gov. Jon Huntsman, by far the most moderate Republican candidate vying for the nomination to face President Barack Obama in November, dropped out of the race Monday and endorsed Romney.

That leaves just five men in the competition heading into South Carolina's critical Saturday vote, and a Romney victory likely would make his nomination inevitable.

Romney previously was first in Iowa caucus voting, then in the New Hampshire primary polling last week.

DAVID GOLDMAN/THE ASSOCIATED PRESS

▶ Jon Huntsman

Republicans now seem to be slowly converging on Romney as the best of the Republican field to deny Obama a second term in the White House. Obama's incumbency is heavily weighed down by the struggling U.S. economy that has been slow to pull out of the Great Recession of 2007-2009. Unemployment remains high, and millions of Americans have lost their homes to mortgage foreclosures.

The candidates faced a packed week of campaign events and nationally televised debates Monday and Thursday. In the past three decades, no Republican has won the party's presidential nomination without carrying South Carolina.

THE ASSOCIATED PRESS

The trailers

Republicans have been unable to settle support on one of the following alternatives to Mitt Romney:

- **Rick Santorum.** Former Pennsylvania senator.
- **Newt Gingrich.** Former speaker of the House of Representatives.
- **Rick Perry.** Texas governor.
- **Ron Paul.** Texas congressman and small-government libertarian candidate.

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FOUR WAYS TO DIVORCE JANUARY FROM ITS REPUTATION

SHE SAYS ...

JESSICA NAPIER
METRO

Did you know that more couples file for divorce in January than at any other time of the year? Disheartening as it is, January's unfortunate notoriety as Divorce Month certainly makes sense. Couples on the brink of breaking up will fake it till they make it through the holidays, holding off until the new year to seek legal separation.

Luckily, I don't have much experience when it comes to divorce (thanks mom and dad). However, from the second-hand knowledge I've collected over the years, I know that there is never an easy time to say "I do" to divorce.

"Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold."

Sure, it might be a popular time of year to make your failed marriage official, but there are plenty of less depressing milestones worth celebrating. I say, let's take back January from the family law firms and make it a month dedicated to something other than irreconcilable differences.

Here are a few alternatives I'm proposing:

Give a Big Tip Month: In January 1914, Henry Ford established a previously unheard-of $5 a day minimum wage in his automobile factories. Why not celebrate this month by giving generous tips to all of those hard-working servers, cab drivers, baristas and other minimum-wage employees who make your life easier. In other made-up-holiday news, January also happens to be National Thank You Month, giving you another reason to show some gratitude.

Act like a Grown-up Month: On the second Monday in January, the Japanese celebrate Coming of Age Day in recognition of young adults who have reached the age of majority. Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold, not using emoticons in work emails and finally paying off your credit card bill.

Get Political Month: In January 1916, Manitoba became the first Canadian province to grant women the right to vote in provincial elections. Recognize this moment in history by using the remaining days in January to learn more about Canadian politics. Stop forwarding S–t People Say videos to your friends and take some time to write to your local MP about an issue you care about.

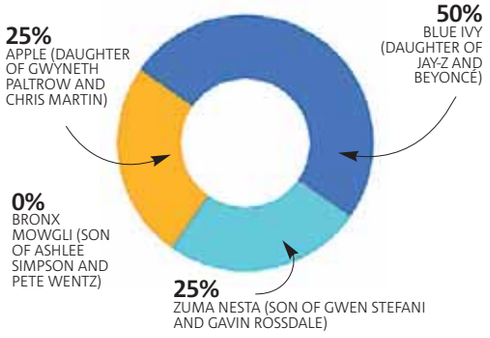
Read a Book Month: Remember books? Well, this month (today in fact) marks Benjamin Franklin's 306th birthday, and as the founder of America's first lending library, he would want you to put down your iPad, get offline and become reacquainted with paperbacks. Of course, let's ignore the fact that I used Wikipedia to research all of these pieces of January-centric trivia.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your favourite unconventional celebrity baby name?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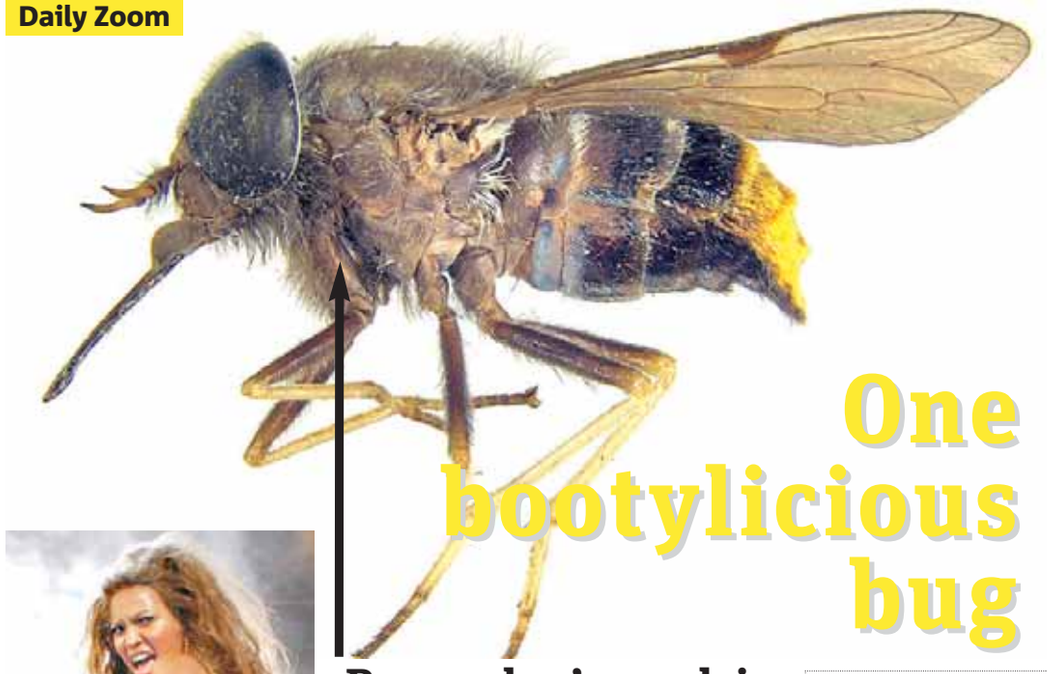
50%
BLUE IVY (DAUGHTER OF JAY-Z AND BEYONCÉ)
0%
BRONX MOWGLI (SON OF ASHLEE SIMPSON AND PETE WENTZ)
25%
ZUMA NESTA (SON OF GWEN STEFANI AND GAVIN ROSSDALE)

Local tweets

- **@stephenrwelch1:** Too cold for #wintersports only in #calgary #yyc
- **@christiefaber:** There's the SUN! Please take away these deep freeze temps!! #YYC #Frozen
- **@katiebee_09:** #oldmanwinter seems to have arrived in #yyc ... a little late but he means business. -37, really??
- **@upittyfunk:** Whenever it gets this cold out I alway like to eat part of a Chilean rugby team to keep warm. #yyc
- **@AlyssaWebster91:** Dear winter, Welcome back to the #YYC
- **@UpMommyCreek:** Brr! Maternity leave for the win! #notleavingthehouse #yyc
- **@DesDesnomie:** I personally like the cold weather & snow! It was getting weird there for a second. #yyc
- **@CodeCoelhinho:** Whoever broke Adele's heart made her rich as hell! #Adele #yyc
- **@SnappyBits:** Every inch of my body is covered except for my eyes... My eyelashes freeze together every time I blink. Welcome to winter, #yyc! Uggh.

Daily Zoom

BRYAN LESSARD/COMMONWEALTH SCIENTIFIC AND INDUSTRIAL RESEARCH ORGANIZATION/THE ASSOCIATED PRESS; INSET: FRANK MICELOTTA/GETTY IMAGES



One bootylicious bug

Researcher's crush is what's in this name

A newly discovered horse fly in Australia with its golden-haired bum is pinned at the Australian National Insect Collection in Canberra. For Bryan Lessard, a researcher of Commonwealth Scientific and Industrial Research Organization and a fan of pop diva Beyoncé, there was only one name worthy of its beauty: Beyoncé. He wanted to pay respect to the insect's beauty by naming it Scaptia (Plinthina) beyonceae.

Previously published results were recently announced on the species that had been sitting in a fly collection since it was captured in 1981 — the same year Beyoncé was born.

THE ASSOCIATED PRESS

Beyonceae

- Lessard said Beyoncé would be "in the nature history books forever" and the fly now bearing her name is "pretty bootylicious" with its golden backside.
- He added he was unable to find any live specimens in 2010. However, at least one member of the public has alerted him that he was recently bitten by what's locally called the "gold bum fly."

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WestJet mulls over new carrier

- New plane would be introduced for regional fleet
- Airline's training, maintenance costs would rise

WestJet is considering launching a new short-haul regional airline — a move observers says would intensify competition with its chief rival, Air Canada and benefit travellers.

Few details were available on the proposed regional operation, other than that the Calgary-based company is thinking about launching it as early as 2013 using a fleet of approximately 40 smaller, turboprop aircraft.

"It's going to represent ... extra competition in many communities across the country where Air Canada's the only game in town," Robert Kokonis, president of AirTrav Inc., said Monday.

The airline industry is ultra-competitive and WestJet's potential move means it would be jockeying against Air Canada for customers where it hasn't had much of a presence.

The move would be a departure from WestJet's strategy of having a fleet comprising only Boeing 737s — its "secret sauce," as management has called it. Having one type of plane means cheaper and simpler training and maintenance.

However, that business model doesn't give WestJet the flexibility to grow. The 737s carry between 119 and 166 passengers — too big to shuttle business travellers between destinations as frequently as they demand and too small to fly overseas. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar
+ 27.54 (12,258.60)	+ 0.45¢ (98.23¢ US)

Oil	Natural gas	Gold
- 99¢ US ($99.69 US)	$2.54 US (- 13¢ US)	$1,643.50 US (+ $12.70 US)

Ex-Nortel execs cooked books: Crown

One of the biggest trials in Canadian corporate history got underway Monday, with the Crown prosecutor beginning to lay out his case against three former Nortel Networks executives accused of falsifying financial reports.

Former chief executive Frank Dunn, former chief financial officer Douglas Beatty and former corporate controller Michael Gollogly entered not-guilty pleas to two charges.

Crown attorney Robert Hubbard aims to prove the men falsified Nortel's records and statements because bonuses for senior executives were linked to consecutive quarters of profitability. Hubbard said financial statements were incorrect in the first and second quarters of 2003 and were not in accordance with accounting principles. THE CANADIAN PRESS.

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2 scene

Beckinsale gets her bite back

Underworld star Kate Beckinsale explains how her stunt work is getting better with age

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HANDOUT

▶ Kate Beckinsale reprises her role as the vampire Selene in Underworld Awakenings, which opens on Friday.

Underworld: Awakenings marks Kate Beckinsale's third outing — after skipping the franchise's last installment — as ruthless, gun-toting vampire Selene, so the British actress has had time to adjust to her character's temper. "I suppose it's my second or third time playing the character, so I'm used to the fact that she doesn't hold back when she's annoyed," she says.

Annoyed is one way to put it. In the new film, Selene bites, shoots and stabs her way through countless human and werewolf foe after waking up from a forced 12-year hibernation. And after three films, Beckinsale is still amazed she's developed a reputation as an action star. "It's so crazy, it's absolutely mad. And you'd think I'd be more used to it now," she says.

So what would the Oxford-educated actress like to be doing besides dispatching bad guys? Making people laugh. "I'm quite smiley and jolly in real life," she says. "I'd love to do more comedy. I don't find very many comedies where I find the women's parts are very funny. Bridesmaids was so exciting because that doesn't happen very often."

Of course, Kristen Wiig and her Bridesmaids crew had to write those parts for themselves. "Interestingly, they don't have children," Beckinsale says with a laugh. "I realize there's a limit to the multitasking that I'm capable of. There are people who are much more capable of doing 20 things, and I'm doing two as well as I can. So I know that I'm moving into a very different stage with my daughter. She's about to be 13 this month, and whilst obviously you're still their mother, it's in a slightly different way than when they're three years old. I'm anticipating a little bit more free time while she's on Facebook."

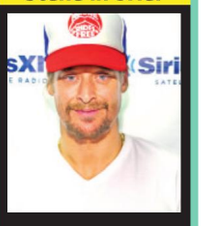
At 38, Beckinsale is by no means old, but Hollywood can be a cruel place for actresses. She acknowledges the industry's double standard for women and men when it comes to maturity, but she's ignoring it. "You're talking to someone who's just spent the entire year running about on a wire," she says. "For me, I haven't been handed my carpet slippers or experienced any career hot-flashes yet. I'm sure I will, but this hasn't been it. So I'm able to live in my little bubble where I'm not about to be 70 years old."

In fact, when comparing how she handled the stunt work on the first Underworld film to Underworld: Awakenings, Beckinsale says she's actually getting better with age. "I just feel better because I was such a novice then," she says. "Whether I've lost energy, eggs, hope, bone density, whatever — fullness in my breasts — I'm not aware of that as much as I am the fact that I'm more confident in the stuff."

Hollywood today

▶ Kate Beckinsale is by no means a fan of the TMZ age, with constant paparazzi attention, but that doesn't mean she doesn't understand it. "I think we've lost that slightly magical air of what movie stars used to be," she says. "There's something that is very spoiled now. It is very tempting to expose everyone's feet of clay because we are so bombarded with visuals of the perfect female and male form that I think it's very oppressive to people. You can't help but want to actually prove it wrong because most of those photographs are airbrushed and most of those people are probably taking cocaine to be thin."

Scene in brief

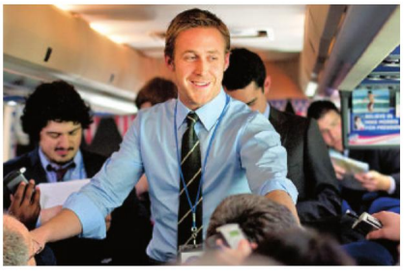


Kid Rock has apologized after a man complained that the musician smoked a cigar at a nonsmoking venue in the Detroit area. Randy Snell says Kid Rock lit the cigar while attending country singer Travis Tritt's show Friday at Andiamo Celebrity Showroom in Warren. Spokesman Nick Stern told The Detroit News that Kid Rock offered his "most sincere apologies" to patrons he may have offended. He said he had been drinking alcohol. Fifty-eight-year-old Snell of Trenton has asthma and says he plans to file a health department complaint. Michigan law prohibits smoking at workplaces including bars and restaurants.
THE ASSOCIATED PRESS

Golden Globe parties crowded with tired, but grateful, stars

DVD reviews

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●



The Ides of March
Genre: Drama
Director: George Clooney
Stars: Paul Giamatti, George Clooney, Philip Seymour Hoffman, Ryan Gosling
●●½

George Clooney's presidential campaign drama traverses familiar political corridors, tut-tutting over backroom manoeuvres and minor loyalty tests as if this were 1952 rather than 2012. That's entirely forgivable, because stellar performances make the movie: Ryan Gosling and Clooney lead a crack cast that also includes Philip Seymour Hoffman, Paul Giamatti, Evan Rachel Wood, Jeffrey Wright and Marisa Tomei, all at the top of their game. They're great to watch together, even if your eyes occasionally roll.

Clooney, in his fourth and most accomplished directorial turn, casts himself as Mike Morris, the Pennsylvania governor who seeks to lead the Democrats in a presidential contest, first by winning the crucial Ohio primary. The film's central figure isn't Morris, but his press wrangler, Stephen Myers (Gosling). The talent's all there, but Clooney and frequent collaborator Grant Heslov lose the plot in their screen adaptation.
PETER HOWELL

Killer Elite
Genre: Action
Director: Gary McKendry
Stars: Jason Statham, Clive Owen, Robert DeNiro
●½

In director Gary McKendry's latest eruption, Jason Tatham, Clive Owen and Robert De Niro play professional score-settlers of various vintages and shifting motivations. But what we see on the screen doesn't live up to the hype. The plot? Don't ask. While there's plenty of death on the screen, the real casualties of Killer Elite are the brain cells of people watching it.
PETER HOWELL

Sunday night's alright for fighting

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Elton John and Madonna are in the middle of a huge feud — and honestly, I haven't seen two queens go at it this hard since RuPaul's Drag Race.

It started Sunday night at the Golden Globes, when both of the icons were nominated against one another in the category of Best Original Song in a Motion Picture.

Madonna was nominated for Masterpiece in W.E. while Elton was tapped for Hello Hello from Gnomeo & Juliet. When asked by Carson Daly on the red carpet about the chances of Madonna winning, EJ quipped: "Madonna doesn't have a (expletive) chance."

"Those are fighting words," Daly told Elton, who replied, "No, those are actual words."

Then, when Madonna actually won, Elton's partner, David Furnish, went onto Facebook to vent his frustration.

"Madonna. Best song???? (Expletive) off!!!"

Not satisfied, he continued his rant: "Madonna winning Best Original Song truly shows how these awards have nothing to do with merit. Her acceptance speech was embarrassing in its narcissism," he wrote.

Madonna won't fight dirty though (but, oh, how I wish she would fight dirty!), and backstage she was the emblem of polite.

"I hope he speaks to me for the next couple of years," she said about John.

"He's been known to get mad at me so I don't know. He's brilliant and I adore him so he'll win another award. I don't feel bad!"

Way to take the high road, Madge. You could have easily just pointed out that the man known for such classic compositions as Candle in the Wind and Rocket Man was this year hoping to win an award for a movie called Gnomeo & Juliet.

GETTY IMAGES

▶ Elton John

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3 life

A new study shows

3

minutes of exercise a day could help prevent type 2 Diabetes, according to scientists from the University of Bath in the U.K.

METRO WORLD NEWS

Antidepressants in late pregnancy may double rate of rare condition in babies

JEFF ENGERBRESTON

▶ Injuries can pile up quickly while on the slopes.

Ski smarter this season

We often hit the slopes without training — or thinking about the damage it could have on our body ◗ Professional skier Amie Engerbretson explains how adding yoga can help you out

Hot chocolate breaks and cheese fondue aside, a skiing holiday can be straining.

Even professional skier Amie Engerbretson, who also stars in catalogue shoots, finds the sport is tough on her body. Core work and yoga help her focus and thrive.

Build the core

Yoga builds up core strength, which is what maintains your back and without it you would struggle to stand up straight.

"People focus on building muscle in the legs when what they should be focusing on is the back," says Engerbretson.

"That's where you'll be taking a beating. Assuming you have a strong core and back, your body will be able to absorb the shock caused by the bumps you hit going downhill. With a weak core, your body will collapse on every impact, breaking down a little each time."

A strong core keeps you standing upright and stops you from hunching over, the biggest cause of the 'scorpion' fall, when your back curves and your legs (and skis) curl under your body.

People focus on building muscle in the legs when they should focus on the back.

AMIE ENGERBRETSON

Stand up straight

A lot of skiers suffer from poor posture but what they don't realize is that body alignment is directly linked to core strength.

"As soon as you get your skis on you should be thinking about getting your posture right," says Engerbretson. "Bring the spine upright, align your shoulders with the hips and drive your hips down into snow."

Load up your legs

In order to build up leg strength, Engerbretson cross trains, mixing up mountain biking, bar method and yoga. Yoga's holding poses, such as the tree pose, are particularly beneficial when it comes to strengthening the lower body.

"Holding poses require sustained muscle energy. When you're in the tree pose (standing on one leg) and stretch out your leg from the joint, you're actively engaging your core in order to balance on one leg."

Those who have done help this sort of pose will have experienced micro wobbles in their legs.

"The stabilizer muscles are the tiny muscles in the joints. When you stand in a balance pose and the leg wobbles, you are engaging and therefore toning and strengthening these tiny muscles and therefore protecting the knee joint." she explains.

METRO WORLD NEWS

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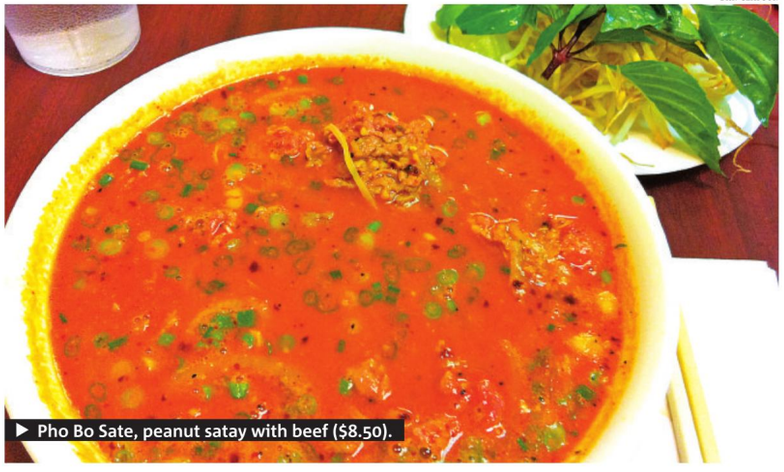
Rediscover the art of pho appreciation

There's nothing quite like a bowl of hot pho, especially when done right Nho Saigon nails the Vietnamese dish

DAN CLAPSON



Pho Bo Sate, peanut satay with beef ($8.50).

LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA

I recently returned from a trip to Europe where I saw many beautiful sights and tasted some amazing food. But, for the life of me, I could not locate a delicious bowl of Pho!

Since pho is a bona fide cure for jet lag (of course!), upon my return to Calgary my lunch date and I headed straight to Nho Saigon for a bite to eat.

We started out with some Jicama Rolls ($4.75). Filled with Chinese sausage, jicama, cooked egg and noodles, these little guys were definitely a step up from typical salad rolls.

Moving onto the pho, I ordered the Peanut Sate Soup with Beef, Pho Bo Sate ($8.50).

Here its broth finds a perfect balance between sweet, spicy and nuttiness with generous portions of sliced rare beef and noodles in the bowl, soaking up the liquid goodness.

It's good to be home, Calgary, it's good to be home!

Nho Saigon
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Reservations: No
Social lunch: Yes
Quick solo lunch: Yes
Price range: $4.75 - $10
Rating: 4 out of 5

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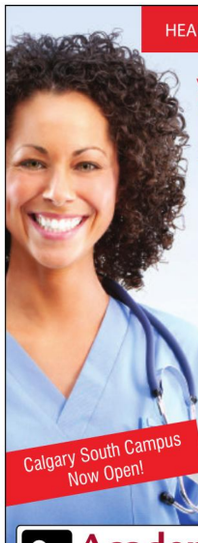

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China 1.9 ¢/min	Lebanon 7.9 ¢/min	Trinidad 4.9 ¢/min
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5 minutes with: Amber Bacon

Canadian ex-bachelorette opens up to Metro about her experience on reality show Shares who she's rooting for

PHYLICIA TORREVILLAS
LIFE@METRONEWS.CA

Amber Bacon, a Port Coquitlam, B.C., nurse and the only Canadian who had a chance to woo The Bachelor, talks to Metro about her time on the show, not getting a rose and her message to Ben Flajnik.

Giving Ben a taste of bacon by having him kiss your hand, was that on the spot or not?
I had it prepared and wanted something that was a little bit fun, flirty and memorable so I thought the 'Baconator' was fun. I don't take myself too seriously so I was able to poke fun at my name and I thought that was good.

How was it being in one room with 24 other women? Did you see some checking out the competition?
I think girls always look at other girls and size them up to try and see who they're up against. I think that's normal for girls in any situation. In any bar you go to, all the girls are kind of looking at each other. This situation is a bit high stress and a bit more intense, so some of the girls can take their emotion to the next level and get all riled up.

What are your thoughts on people saying this was the 'most gimmicky' Bachelor premiere ever (somebody brought her grandma, another came in riding a horse)?
I think the girls really wanted to stand out so they did whatever they can to make Ben remember. There are so many girls and I don't even know how he would remember 25 names. If you do something big like coming in on a horse, and he would be like, 'Oh that girl on the horse.' I think that was smart of them that they got his attention.

How did you feel about not getting a rose?
I was a little disappointed that I didn't get more time to be on the show and to see if I liked Ben. At the same time, not everyone likes everyone. I'm still a great girl and he's still a great guy.

CITYTV

▶ Amber Bacon

Are you rooting for anyone?
I really liked Lindzi (Cox), the girl who came on the horse.

I do think she was a really nice, down-to-earth girl. I had spent time talking to her and just thought she was a genuine, classy lady so I'm pulling for her.

What's your message for Ben?
You gave up on the best girl in the world. Good luck.

The Bachelor airs Mondays on OMNI.

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How good is your 'hood?

Show asks 100 families to raise their collective net worth by $1 million

BRUCE SELLERY
MONEY@METRONEWS.CA

As co-host of Million Dollar Neighbourhood, Bruce Sellery helps families address their money problems with tough love.

The show starts in Aldergrove, B.C., where one community will confess their bad money secrets, come to terms with their debt denial and find money by selling, downsizing, swapping, bartering, investing and some old-fashioned sweat equity.

Here's Sellery's Top 3 tips for Metro readers.

CONTRIBUTED

▶ Bruce Sellery, left, and Dr. Joti Samra co-host Million Dollar Neighbourhood. The show's winning family gets $100,000.

Get fanatical about fees: Look at the fees you're paying for cellphone plans, Internet, banking and investing. See if you can get a better deal from a different provider. If you can, call and ask your company to put you on a better plan. If they won't, saunter on over to their competition.

Put your credit card on ice: Store your credit card in the freezer and live cash only for one month. This will make you more conscious of what you spend your money on and help you find some places to cut back. Going cash only will help bring back the pain and reduce the danger of over-spending.

Take a second look at past tax returns: Consider using a professional tax preparer to look at old returns and see if there are tax credits or deductions you may have missed.

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4 sports

Flames preview

Calgary at San Jose
8:30 p.m.
TV: SNET

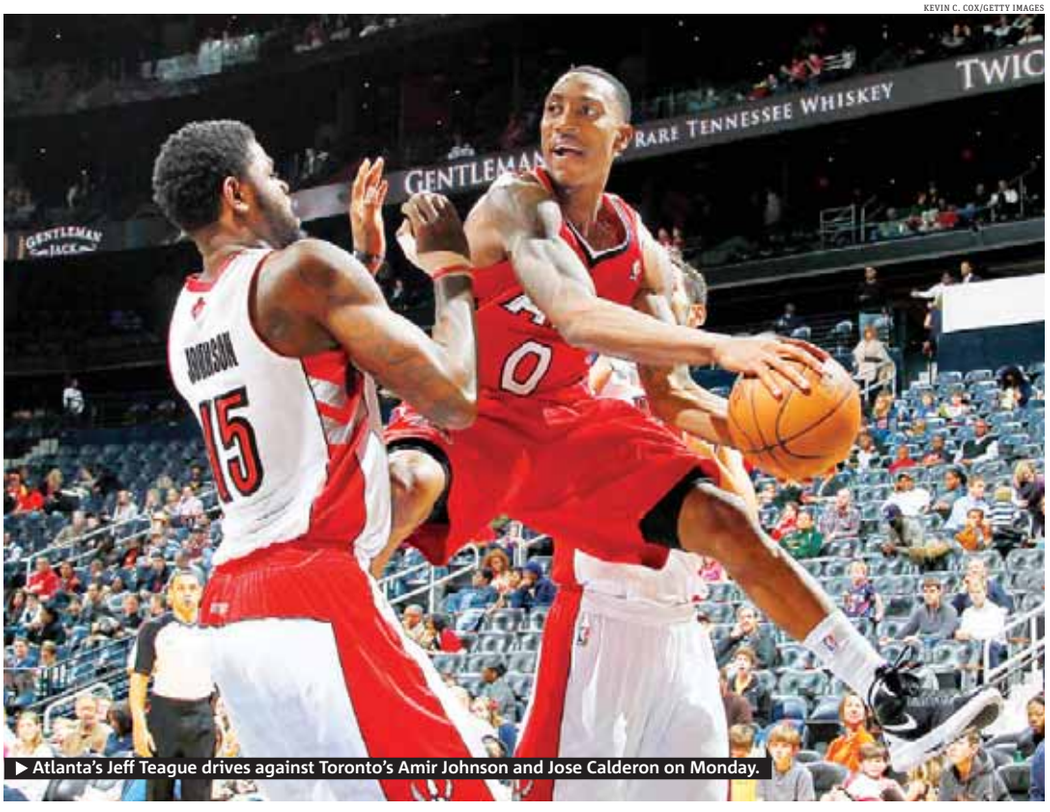
The Flames (21-20-5) start their three-game road trip in San Jose (25-12-5). The Sharks return home from a four-game road trip, where they went 2-1-1. Antti Niemi allowed four goals on 40 shots against his old team in a 4-3 loss to Chicago on Sunday. Logan Couture and Joe Pavelski each had three points on the trip. Blue-liner Dan Boyle has nine points and is plus-11 in eight games this month.
THE CANADIAN PRESS

Raps' nosedive reaches five

Josh Smith scores 28, Joe Johnson 27 as Atlanta downs injury-depleted Toronto squad

93	84
HAWKS	RAPTORS

KEVIN C. COX/GETTY IMAGES



▶ Atlanta's Jeff Teague drives against Toronto's Amir Johnson and Jose Calderon on Monday.

Josh Smith believes the Atlanta Hawks can keep winning even though centre Al Horford will miss the next three to four months with an injury.

"We have veteran guys who have been there and done that before," Smith said. "All we need is to just keep flying under the radar."

Smith scored 28 points and pulled down a season-high 15 rebounds and Joe Johnson added 27 points to help the Atlanta Hawks win their third straight game, 93-84 over the Toronto Raptors on Monday.

The Hawks are 3-0 since Horford tore his left pectoral muscle last week, and Smith is hardly concerned that Atlanta has yet to beat a strong opponent during that stretch. Charlotte, Minnesota and Toronto are a combined 11-29.

Leandro Barbosa had 22 points off the bench for Toronto, which has lost five straight.

Toronto was without centre Andrea Bargnani, the NBA's ninth-leading scorer, for the third straight game because of a strained left calf. Reserve guard James Johnson didn't play because of a sprained right ankle.

The Raptors twice cut the lead to one late in the third quarter when Barbosa hit a pair of free throws and a runner, but Atlanta went on an 18-9 run that Jeff Teague ended with a free throw to make it 81-71 with 7:55 remaining.

Toronto never got closer than five after Ed Davis scored inside over Smith to make it 85-80 with 2:12 left.

Smith responded on the next possession by jumping from the right baseline and tipping in Johnson's missed runner to give the Hawks an 87-80 lead.

"It sounds like a broken record, but I thought our guys competed," Raptors coach Dwane Casey said. "We're truly missing our players, but that's no excuse. There's only so much you can ask for from certain players. That's not their role."

Jose Calderon had 13 points and 11 assists and Amir Johnson added 13 points and 10 rebounds for the Raptors, who have lost seven of eight overall and dropped to 2-6 on the road.

The Hawks converted 17 Toronto turnovers into 22 points.

"I don't want to make excuses, but we're a young team and we have a new coach," Calderon said. "Maybe we need some practice. Hopefully we can get on the same page. Sometimes we turn the ball over because we're trying to do too much."
THE ASSOCIATED PRESS

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Crosby turns to familiar treatment

Penguins star to return to Toronto-born chiropractor

Sidney Crosby's recovery is back in the hands of chiropractor Ted Carrick.

The Pittsburgh Penguins announced Monday their captain will meet with Carrick this week. Crosby was treated by the founder of chiropractic neurology in August and credited him with helping accelerate his return from a concussion earlier this season.

Crosby last played for the Penguins on Dec. 5, when his concussion symptoms returned.

Crosby's agent, Pat Brisson, noted Carrick specializes in helping improve the "vestibular system" — which contributes to balance and spatial awareness.

Crosby accompanied the Penguins on a three-game road trip last week and skated twice in Florida, telling reporters afterwards he continues to deal with issues related to motion.

"Sidney has made a lot of progress but he is still having some symptoms, so this is the next step in his recovery."
PENGUINS GM RAY SHERO

"The motion stuff has kind of been the issue, both the time before and now going through it for a bit," Crosby said Friday. "The good thing is that I have a pretty good handle on it, and I'm always able to (treat) that. That was a big help in August when I went to Atlanta (to see Carrick)."

The Toronto-born Carrick practises in Florida and Georgia, and founded the Carrick Institute for Graduate Studies to teach his method of treating brain injuries. Viewed by some medical professionals as unorthodox, Carrick's holistic approach has gained notoriety through his work with Crosby.

Carrick combines chiropractic practice with neurology and includes the use of a "whole-body gyroscope" — a rotating chair that spins upside down in an effort to stimulate the brain. **THE CANADIAN PRESS**

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	43	28	11	1	3	122	90	60	13-4-0-2	15-7-1-1	7-3-0-0	L1
d-Boston	42	29	12	0	1	153	83	59	16-7-0-1	13-5-0-0	7-3-0-0	W1
d-Florida	44	21	14	4	5	112	123	51	11-5-1-5	10-9-3-0	3-4-2-1	L2
Philadelphia	43	26	13	2	2	144	128	56	10-6-1-1	16-7-1-1	5-5-0-0	L1
Ottawa	47	25	16	4	2	146	148	56	14-9-0-1	11-7-4-1	8-1-1-0	L1
New Jersey	44	25	17	1	1	121	125	52	11-7-0-1	14-10-1-0	6-3-1-0	W2
Washington	43	24	17	0	2	125	124	50	17-5-0-1	7-12-0-1	7-3-0-0	W3
Pittsburgh	44	23	17	2	2	134	116	50	11-8-2-0	12-9-0-2	4-6-0-0	W2
Toronto	44	22	17	3	2	137	137	49	12-6-2-2	10-11-1-0	5-4-1-0	L2
Winnipeg	45	21	19	3	2	115	128	47	14-8-0-1	7-11-3-1	5-5-0-0	W1
Buffalo	45	19	21	3	2	112	134	43	11-9-3-2	8-12-0-0	2-6-1-1	L2
Montreal	45	17	20	2	6	116	123	42	8-9-2-4	9-12-0-1	4-5-0-1	W1
Carolina	47	16	24	4	3	123	154	39	11-11-0-3	5-13-4-0	4-5-0-1	L1
NY Islanders	43	16	21	4	2	103	134	38	10-11-3-0	6-10-1-2	5-5-0-0	L1
Tampa Bay	44	17	23	1	3	121	156	38	11-7-0-1	6-16-1-2	2-7-0-1	L7

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	45	27	12	1	5	116	94	60	19-3-1-2	8-9-0-3	6-2-1-1	W2
d-Vancouver	46	28	15	0	3	149	114	59	12-6-0-2	16-9-0-1	6-3-0-1	L1
d-San Jose	42	25	12	3	2	123	99	55	14-7-2-0	11-5-1-2	6-2-1-1	L1
Chicago	46	27	13	3	3	150	133	60	17-5-1-3	10-8-2-0	4-4-2-0	W1
Detroit	45	29	15	1	0	146	103	59	18-2-1-0	11-13-0-0	8-2-0-0	W3
Nashville	45	26	15	3	1	125	120	56	14-7-2-1	12-8-1-0	8-2-0-0	W5
Los Angeles	46	22	15	4	5	102	103	53	13-10-0-3	9-5-4-2	5-1-2-2	L1
Minnesota	45	22	16	2	5	105	113	51	12-6-1-2	10-10-1-3	2-6-0-2	L2
Colorado	47	24	21	2	0	120	134	50	13-11-0-0	11-10-2-0	5-4-1-0	L1
Dallas	44	24	19	0	1	120	126	49	13-8-0-1	11-11-0-0	4-6-0-0	L2
Phoenix	46	21	18	3	4	120	119	49	9-8-2-1	12-10-1-3	3-3-2-2	W1
Calgary	46	21	20	3	2	111	131	47	13-6-1-1	8-14-2-1	4-5-1-0	L1
Edmonton	44	17	23	1	3	114	127	38	11-7-1-2	6-16-0-1	2-7-1-0	W1
Anaheim	44	15	22	3	4	113	138	37	10-12-1-0	5-10-2-4	6-3-1-0	W2
Columbus	44	12	27	1	4	106	147	29	7-12-1-2	5-15-0-2	3-6-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Winnipeg 2 Ottawa 0
Boston 3 Florida 2 (SO)
Detroit 5 Buffalo 0
Nashville 3 N.Y. Islanders 1
Phoenix 6 Colorado 1
St. Louis 1 Dallas 0
Sunday's results
Montreal 4 N.Y. Rangers 1
Edmonton 2 Los Angeles 1 (OT)
Anaheim 4 Vancouver 2
Pittsburgh 6 Tampa Bay 3
Washington 2 Carolina 1
Chicago 4 San Jose 3
Tonight's games
All Times Eastern
Ottawa at Toronto, 7 p.m.
Winnipeg at New Jersey, 7 p.m.
Minnesota at Philadelphia, 7 p.m.
Carolina at Pittsburgh, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Edmonton at Columbus, 7 p.m.
Nashville at N.Y. Rangers, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Detroit at Dallas, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Calgary at San Jose, 10:30 p.m.
Wednesday Games
Washington at Montreal, 7:30 p.m.
Buffalo at Chicago, 7:30 p.m.
Florida at Colorado, 9:30 p.m.
Phoenix at Anaheim, 10 p.m.
Thursday Games
Minnesota at Toronto, 7 p.m.
Boston at New Jersey, 7 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Nashville at Columbus, 7 p.m.
Edmonton at St. Louis, 8 p.m.
Buffalo at Winnipeg, 8:30 p.m.
Detroit at Phoenix, 9 p.m.
Calgary at Los Angeles, 10:30 p.m.
Ottawa at San Jose, 10:30 p.m.

JETS 2, SENATORS 0

First Period
1. Winnipeg, Slater 8 (Thorburn) 0:49
Penalties — Kane Wpg (roughing), Stuart Wpg, Carkner Ott (fighting), Neil Ott (double roughing) 17:45.
Second Period
2. Winnipeg, Enstrom 2 (Wellwood, Ladd) 6:48
Penalty — Neil Ott (hooking) 7:23.
Third Period
No Scoring.
Penalties — Enstrom Wpg (interference) 3:23, Condra Ott (high-sticking) 8:01, Oduya Wpg (tripping) 19:41.

Shots

Winnipeg	13	12	10	35
Ottawa	3	8	14	25

Goal — Winnipeg: Mason (W,6-3-0); Ottawa: Anderson (L,23-13-4). **Power plays (goals-chances)** — Winnipeg: 0-3; Ottawa: 0-2.
Referees — Dean Morton, Marc Joannette.
Linesmen — Jonny Murray, Lonnie Cameron.
Attendance —19,927 (19,153) at Ottawa.

CALENDAR

Jan. 26-30 — All-Star break.
Jan. 29 — All-Star game, Ottawa.
Feb. 27 — Trade deadline, 3 p.m. ET.
March 12-14 — NHL general managers meeting, Boca Raton, Fla.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
MEN
Singles — First Round
Rafael Nadal (2), Spain, def. Alex Kuznetsov, U.S., 6-4, 6-1, 6-1.
Roger Federer (3), Switzerland, def. Alexander Kudryavtsev, Russia, 7-5, 6-2, 6-2.
Tomas Berdych (7), Czech Republic, def. Albert Ramos, Spain, 7-5, 4-6, 6-2, 6-3.
Mardy Fish (8), U.S., def. Gilles Muller, Luxembourg, 6-4, 6-4, 6-2.
Nicolas Almagro (10), Spain, def. Lukasz Kubot, Poland, 1-6, 7-5, 6-3, 7-5.
Juan Martin del Potro (11), Argentina, def. Adrian Mannarino, France, 2-6, 6-1, 7-5, 6-4.
Alexandr Dolgopolov (13), Ukraine, def. Greg Jones, Australia, 1-6, 4-6, 6-1, 6-1, 6-2.
John Isner (16), U.S., def. Benjamin Mitchell, Australia, 6-4, 6-4, 7-6 (1).
Feliciano Lopez (18), Spain, def. Leonardo Mayer, Argentina, 7-6 (5), 6-3, 7-6 (2).
Stanislas Wawrinka (21), Switzerland, def. Benoit Paire, France, 6-1, 6-1, 7-5.
Bernard Tomic, Australia, def. Fernando Verdasco (22), Spain, 4-6, 6-7 (3), 6-4, 6-2, 7-5.
Philipp Kohlschreiber, Germany, def. Juan Monaco (25), Argentina, 7-5, 4-6, 6-3, 6-7 (4), 6-0.
Lukas Lacko, Slovakia, def. Ivan Ljubicic (28), Croatia, 3-6, 4-6, 6-3, 6-4, 6-4.
Kevin Anderson (30), South Africa, def. Frederik Nielsen, Denmark, 6-1, 6-2, 6-4.
Ivo Karlovic, Croatia, def. Jurgen Melzer (31), Austria, 7-6 (3), 7-5, 6-3.
Blaz Kavcic, Slovenia, def. James Ward, Britain, 6-4, 6-3, 6-4.
Pere Riba, Spain, def. Albert Montanes, Spain, 7-6 (2), 2-6, 6-4, 7-6 (5).
Flavio Cipolla, Italy, def. Nikolay Davydenko, Russia, 6-4, 4-6, 3-6, 6-2, 6-1.
Tobias Kamke, Germany, def. Victor Hanescu, Romania, 6-2, 6-1, 6-2.
Sergiy Stakhovsky, Ukraine, def. Illya Marchenko, Ukraine, 6-3, 6-7 (9), 4-6, 6-3, 7-5.
Sam Querrey, U.S., def. Kenny de Schepper, France, 6-3, 6-2, 6-2.
Florent Serra, France, def. Steve Darcis, Belgium, 6-7 (3), 3-6, 5-4 (retired).
Olivier Rochus, Belgium, def. Bjorn Phau, Germany, 6-1, 6-4, 6-0.
Carlos Berlocq, Argentina, def. Jesse Huta Galung, Netherlands, 2-6, 6-3, 7-6 (3), 6-3.
Alejandro Falla, Colombia, def. Fabio Fognini, Italy, 6-3, 6-2, 3-6, 6-1.
Tommy Haas, Germany, def. Denis Kudla, U.S., 7-6 (5), 3-6, 6-0, 7-5.
Donald Young, U.S., def. Peter Gojowczyk, Germany, 6-1, 6-2, 4-6, 1-6, 6-2.
Marcos Baghdatis, Cyprus, def. Benjamin Becker, Germany, 6-1, 7-6 (5), 6-2.
Grigor Dimitrov, Bulgaria, def. Jeremy Chardy, France, 4-6, 6-3, 3-6, 6-4, 6-4.
David Nalbandian, Argentina, def. Jarkko Nieminen, Finland, 6-4, 4-2 (retired).
Yen-hsun Lu, Taiwan, def. Rik de Voest, South Africa, 6-4, 3-6, 6-1, 3-6, 6-3.
Andreas Beck, Germany, def. Eric Prodon, France, 6-4, 6-2, 4-6, 7-5.
WOMEN
Singles — First Round
Caroline Wozniacki (1), Denmark, def. Anastasia Rodionova, Australia, 6-2, 6-1.
Victoria Azarenka (3), Belarus, def. Heather Watson, Britain, 6-1, 6-0.
Li Na (5), China, def. Ksenia Pervak, Kazakhstan, 6-3, 6-1.
Agnieszka Radwanska (8), Poland, def. Bethanie Mattek-Sands, U.S., 6-7 (10), 6-4, 6-2.
Francesca Schiavone (10), Italy, def. Laura Pous, Spain, 6-1, 6-3.
Kim Clijsters (11), Belgium, def. Maria Joao Koehler, Portugal, 7-5, 6-1.
Jelena Jankovic (13), Serbia, def. Laura Robson, Britain, 6-2, 6-0.
Peng Shuai (16), China, def. Aravane Rezai, France, 6-3, 6-4.
Daniela Hantuchova (20), Slovakia, def. Varvara Lepchenko, U.S., 4-6, 6-3, 6-2.
Julia Goerges (22), Germany, def. Polona Hercog, Slovenia, 6-3, 7-6 (3).
Christina McHale, U.S., def. Lucie Safarova (24), Czech Republic, 6-2, 6-4.
Anabel Medina Garrigues (26), Spain, def. Eva Birnerova, Czech Republic, 6-3, 6-3.
Nina Bratchikova, Russia, def. Flavia Pennetta (19), Italy, 6-3, 1-6, 6-2.
Galina Voskoboeva, Kazakhstan, def. Yanina Wickmayer (28), Belgium, 7-5, 6-2.
Monica Niculescu (31), Romania, def. Alize Cornet, France, 5-7, 6-0, 6-3.
Petra Cetkovska (32), Czech Republic, def. Ayumi Morita, Japan, 3-6, 6-1, 7-5.
Casey Dellacqua, Australia, def. Bojana Jovanovski, Serbia, 6-3, 6-2.
Eleni Daniilidou, Greece, def. Kimiko Date-Krumm, Japan, 6-3, 6-2.
Lesia Tsurenko, Ukraine, def. Arantxa Rus, Netherlands, 7-6 (4), 6-1.
Paula Ormaechea, Argentina, def. Simona Halep, Romania, 6-1, 3-6, 7-5.
Romina Oprandi, Italy, def. Anastasiya Yakimova, Belarus, 6-4, 6-1.
Olga Govortsova, Belarus, def. Patricia Mayr-Achleitner, Austria, 6-2, 6-4.
Alberta Brianti, Italy, def. Irina Falconi, U.S., 6-2, 7-5.
Stephanie Foretz Gacon, France, def. Elena Baltacha, Britain, 6-2, 6-4.
Chang Kai-chen, Taiwan, def. Petra Martic, Croatia, 6-4, 6-2.
Tsvetana Pironkova, Bulgaria. def. Sania Mirza, India, 6-4, 6-2.
Anna Tatishvili, Georgia, def. Ashleigh Barty, Australia, 6-2, 7-6 (4).
Olivia Rogowska, Australia, def. Sofia Arvidsson, Sweden, 6-3, 6-1.
Mona Barthel, Germany, def. Anne Keothavong, Britain, 6-0 (retired).
Iveta Benesova, Czech Republic, def. Mathilde Johansson, France, 6-3, 2-6, 6-4.
Pauline Parmentier, France, def. Alla Kudryavtseva, Russia, 6-3, 5-7, 6-3.
Marina Erakovic, New Zealand, def. Irena Pavlovic, France, 7-5, 7-6 (4).
EARLY TODAY
MEN
Singles — First Round
Milos Raonic (23), Thornhill, Ont., def. Filippo Volandri, Italy, 6-4, 6-0, 6-2.
WOMEN
Singles — First Round
Aleksandra Wozniak, Blainville, Que., def. Zhang Shuai, China, 6-3, 6-3.
Greta Arn, Hungary, def. **Rebecca Marino, Vancouver**, 6-4, 6-2.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Rochester	1	1	0	1.000	22	12	—
Buffalo	1	1	0	1.000	14	10	—
Philadelphia	1	0	1	.000	12	22	1
Toronto	2	0	2	.000	19	26	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	2	2	0	1.000	25	19	—
Colorado	1	1	0	1.000	20	14	½
Edmonton	0	0	0	.000	0	0	1
Minnesota	1	0	1	.000	14	20	1½
Washington	1	0	1	.000	10	13	1½

WEEK THREE
All Times Eastern
Friday's game
Colorado at Edmonton, 9 p.m.
Saturday's games
Washington at Philadelphia, 7 p.m.
Buffalo at Rochester, 7:30 p.m.
Colorado at Calgary, 9 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	12	3	.800	—
d-Philadelphia	10	3	.769	1
d-Orlando	9	3	.750	1½
Indiana	9	3	.750	1½
Atlanta	10	4	.714	1½
Miami	8	4	.667	2½
Cleveland	6	6	.500	4½
New York	6	7	.462	5
Milwaukee	4	8	.333	6½
Boston	4	8	.333	6½
Toronto	4	10	.286	7½
Detroit	3	10	.231	8
New Jersey	3	11	.214	8½
Charlotte	3	11	.214	8½
Washington	1	12	.077	10

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	12	2	.857	—
d-L.A. Clippers	7	3	.700	3
d-San Antonio	9	4	.692	2½
Utah	8	4	.667	3
L.A. Lakers	9	5	.643	3
Portland	8	5	.615	3½
Denver	8	5	.615	3½
Dallas	8	5	.615	3½
Memphis	6	6	.500	5
Houston	6	7	.462	5½
Minnesota	5	8	.385	6½
Phoenix	4	8	.333	7
Golden State	4	8	.333	7
Sacramento	4	10	.286	8
New Orleans	3	10	.231	8½

d-division leaders ranked in top four positions.

Yesterday's results
Memphis 102 Chicago 86
Orlando 102 New York 93
Cleveland 102 Charlotte 94
Houston 114 Washington 106
Philadelphia 94 Milwaukee 82
Portland 84 New Orleans 77
L.A. Clippers 101 New Jersey 91
Atlanta 93 Toronto 84
Minnesota 99 Sacramento 86
Oklahoma City 97 Boston 88
Dallas at L.A. Lakers
Sunday's results
Golden State 99 Detroit 91
Utah 106 Denver 96
San Antonio 102 Phoenix 91

HAWKS 93, RAPTORS 84

TORONTO (84)
Butler 4-9 2-2 10, Davis 3-8 1-3 7, A.Johnson 5-9 3-5 13, Calderon 6-9 0-0 13, DeRozan 5-17 0-0 10, Kleiza 0-1 2-2 2, Barbosa 8-15 4-5 22, Magloire 1-2 0-1 2, Forbes 1-8 3-4 5. Totals 33-78 15-22 84.
ATLANTA (93)
Williams 0-5 5-6 5, Smith 13-19 2-4 28, Collins 0-1 0-0 0, Teague 5-13 2-4 13, Jo.Johnson 9-20 6-7 27, McGrady 0-0 0-0 0, Pachulia 0-0 6-6 6, I.Johnson 1-3 2-2 4, Pargo 0-1 0-0 0, Green 2-7 0-0 4, Radmanovic 2-2 1-2 6. Totals 32-71 24-31 93.

Toronto	18	27	26	13	84
Atlanta	26	24	23	20	93

3-Point Goals—Toronto 3-12 (Barbosa 2-3, Calderon 1-1, Forbes 0-1, Butler 0-3, DeRozan 0-4), Atlanta 5-13 (Jo.Johnson 3-8, Radmanovic 1-1, Teague 1-1, Green 0-1, Williams 0-2). Fouled Out—None. Rebounds—Toronto 52 (Davis 11), Atlanta 46 (Smith 15). Assists—Toronto 19 (Calderon 11), Atlanta 21 (Jo.Johnson, Teague 6). Total Fouls—Toronto 27, Atlanta 19. Technicals—DeRozan, Teague. A—11,050 (18,729).

Tonight's games
All Times Eastern
Golden State at Cleveland, 7 p.m.
Charlotte at Orlando, 7 p.m.
San Antonio at Miami, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Detroit at Houston, 8 p.m.
Denver at Milwaukee, 8 p.m.
L.A. Clippers at Utah, 9 p.m.
Tomorrow's games
San Antonio at Orlando, 7 p.m.
Oklahoma City at Washington, 7 p.m.
Denver at Philadelphia, 7 p.m.
Toronto at Boston, 7:30 p.m.
Golden State at New Jersey, 7:30 p.m.
Phoenix at New York, 7:30 p.m.
Memphis at New Orleans, 8 p.m.
Detroit at Minnesota, 8 p.m.
Portland at Atlanta, 8 p.m.
Indiana at Sacramento, 10 p.m.
Dallas at L.A. Clippers, 10:30 p.m.

NFL

PLAYOFFS

DIVISIONAL PLAYOFFS

Sunday's results
AFC — Baltimore 20 Houston 13
NFC — N.Y. Giants 37 Green Bay 20
Saturday's results
NFC — San Francisco 36 New Orleans 32
AFC — New England 45 Denver 10

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 22
All Times Eastern
Baltimore (13-4) at New England (14-3), 3 p.m.
N.Y. Giants (11-7) at San Francisco (14-3), 6:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	21	16	3	2	57	16	51
Manchester Utd	21	15	3	3	52	20	48
Tottenham	21	14	4	3	39	21	46
Chelsea	21	12	4	5	40	25	40
Arsenal	21	11	3	7	38	31	36
Newcastle	21	10	6	5	30	25	36
Liverpool	21	9	8	4	24	18	35
Stoke	21	8	6	7	22	31	30
Norwich	21	7	7	7	32	36	28
Swansea	21	6	8	7	23	25	26
Everton	21	7	4	10	21	25	25
Sunderland	21	6	6	9	27	24	24
Aston Villa	21	5	9	7	23	27	24
Fulham	21	5	8	8	23	29	23
West Brom	21	6	4	11	20	30	22
Wolverhampton	21	4	6	11	23	37	18
Blackburn	21	4	5	12	32	44	17
QPR	21	4	5	12	19	36	17
Bolton	21	5	1	15	25	46	16
Wigan	21	3	6	12	18	42	15

Yesterday's result
Wigan 0 Manchester City 1
Sunday's results
Newcastle 1 Queens Park Rangers 0
Swansea 3 Arsenal 2

ITALY

SERIE A

Yesterday's result
Napoli 1 Bologna 1

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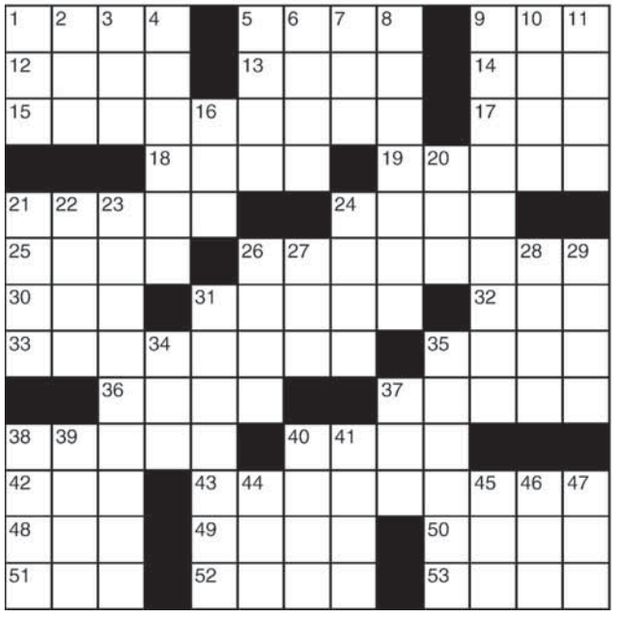
Crossword



Across

1 Help on the sly
5 Creche visitors
9 Sch. org.
12 Short skirt
13 Astringent
14 Rowing need
15 Quickly
17 Take to the slopes
18 Stretch vehicle
19 Played Hamlet, e.g.
21 Stares stupidly
24 Soon, in poetry
25 Crucifix
26 Some graduate courses
30 — and outs
31 Maximum
32 "The way" in China
33 Debris
35 Crazy
36 Stubborn beast
37 Dissolves
38 Sordid
40 Many millennia
42 Standard
43 Put off
48 Request
49 Operatic solo
50 Goodyear product
51 "Indeed"
52 Transaction
53 Verve

Down

1 Roadie's equipment
2 Life story, for short
3 Type measures
4 Like nobility, e.g.
5 Sir's partner
6 Too
7 Eviscerate
8 "This is no joke!"
9 Of the very, very young
10 Seize
11 Saharan
16 Man's possessive
20 Swindle
21 Puzzle diagram, e.g.
22 Highly rated
23 Mailing-date indicators
24 Writer Kingsley
26 Location
27 Ostrich's cousin
28 Huck's transport
29 Drunkards
31 Frog's perch, maybe
34 Piratic potation
35 Signify
37 Unruly hairdo
38 Fix, in a sense
39 Relaxation
40 Europe's neighbour
41 And others (Lat.)
44 Raw rock
45 Zero
46 Historic period
47 Lair

▶ Monday's answer

A	S	I	A	■	E	G	G	■	S	H	A	G
R	E	N	T	F	R	E	E	■	C	O	C	O
P	A	N	T	R	I	E	S	■	A	O	N	E
■	■	■	E	O	N	■	T	E	M	P	E	R
P	R	O	N	G	■	B	U	R	P	■	■	■
H	E	L	D	■	T	A	R	R	I	E	S	■
D	A	G	■	U	R	G	E	S	■	V	A	T
■	M	A	R	R	I	E	S	■	W	I	L	E
■	■	■	H	A	U	L	■	M	A	L	T	A
N	A	P	A	L	M	■	E	A	R	■	■	■
A	D	A	M	■	P	A	S	T	R	I	E	S
N	O	N	E	■	H	A	T	T	E	R	A	S
A	G	E	S	■	S	U	E	■	N	A	U	T

Sudoku

		4					5	7
	6	2		5	3			
7			9					
1		6	8		5			
	2						1	
			2		9	4		8
					6			1
			3	4		7	8	
2	3					9		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

1	9	4	6	2	3	7	8	5
7	3	8	1	4	5	6	9	2
2	5	6	9	7	8	1	4	3
6	2	7	5	3	4	8	1	9
9	8	5	7	1	6	3	2	4
4	1	3	2	8	9	5	6	7
5	4	1	3	6	2	9	7	8
3	7	2	8	9	1	4	5	6
8	6	9	4	5	7	2	3	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

honey
if loving u is wrong i dont want to be right
FROM BEE

My girl
i will never be a socialite would want to be a socializee.
FROM ME

I'm sorry
I love you. I can't help it. Maybe something will help me out,
FROM I'M YOUR FRIEND

White shirt
Last Thur I was in DT hopefully to me you after an hour I saw you in the car of mercedes-benz with white shirt right or I was dreaming?
FROM ME

Ba
Yeah, I have classes everyday and I need to be protected or socialized even through this is a piece of cake for me.
FROM ME

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -29°	Min -30°	Min -24°
Max -28°	Max -25°	Max -17°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30 A.M.**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
What are you hoping for? What is the one thing that would make your life more enjoyable? If you know the answer to those questions then you are closer to success than you think.

♉ Taurus April 21-May 21
You can sense that something unusual is going to happen and that it's only a matter of time before your talents are rewarded.

♊ Gemini May 22-June 21
You've no doubt had your fill of upheavals of one sort or another and it won't be long before a more positive phase begins.

♋ Cancer June 22-July 22
You will make a new friend — someone who not only brings a great deal of fun into your life but who will, at some stage in the future, benefit you financially too.

♌ Leo July 23-Aug.23
Worry less about your work and worry more about your relationships.

♍ Virgo Aug. 24- Sept. 22
However fast you happen to be moving you should slow down a bit over the next few days.

♎ Libra Sept. 23-Oct. 23
Life may have been tough of late but in a few days time you won't want to trade places with anyone.

♏ Scorpio Oct. 24-Nov. 22
You must speak up and tell the truth as you see it.

♐ Sagittarius Nov. 23-Dec. 21
Today it will pay you to keep a (very) low profile.

♑ Capricorn Dec. 22-Jan. 20
There's no excuse to give up on things that should have been finished by now.

♒ Aquarius Jan. 21-Feb. 18
Your ego needs stroking so get out there where you'll be seen.

♓ Pisces Feb. 19-March 20
Your task today is to cut out the noise of your everyday environment and pay attention to that small voice within. It has lots to tell you. **SALLY BROMPTON**

Caption contest

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